

TALKING PAPER
ON
SLIPS, TRIPS AND FALLS (SAME LEVEL)

- Air Force Cost of Slips, Trips and Falls (Same Level) – FY11 through FY15
 - o Overall - \$23.1 million (Total Cost of Mishaps plus injuries)
 - \$23.1 million (Cost of injuries only)
 - \$15.4 million On-duty
 - \$7.7 million Off-duty
 - 4,213 total mishaps
 - 3,419 On-duty
 - 794 Off-duty
 - o Falls on the same level occurred at a rate of 15.4 per 10,000 full-time private-sector workers in 2013, up from 14.8 in 2012.
 - o The 2005 Liberty Mutual Workplace Safety Index estimates that in the U. S. the direct cost of disabling workplace injuries from same-level falls is \$6.9 billion annually
- Slips, trips and falls are discussed in AFI 91-203, Chapter 7, *Walking Surfaces, Guarding Floor and Wall Openings, Fixed Industrial Stairs, and Portable and Fixed Ladders*, and is mentioned in several other chapters
- Most injuries resulting from falls aren't caused by falls from overhead, they are from falls at ground (same level) where we walk and work
- Causes of slips, trips and falls from the same level
 - o Loss of traction
 - Wet or greasy floors
 - Dry floors with wood dust or powder
 - Uneven walking surfaces
 - Polished or freshly waxed floors
 - Loose flooring, carpeting or mats
 - Transition from one floor type to another
 - Missing or uneven floor tiles or bricks
 - Damaged or irregular steps; no handrails
 - Sloped walking surfaces
 - Shoes with wet, muddy, greasy or oily soles
 - Ramps and gang planks without skid-resistant surfaces
 - Metal surfaces – dock plates, construction plates
 - Weather hazards – rain, sleet, ice, snow, hail, frost
 - Wet leaves or pine needles
 - o Inadvertent contact with a fixed or moveable object
 - Clutter

- Electrical cords or cables
 - Open desk or file cabinet drawers
 - Damaged ladder steps
- Slips, trips and falls prevention tips
 - Clean up all spills immediately
 - Stay off freshly mopped floors
 - Secure electrical and phone cords out of traffic areas
 - Remove small throw rugs or use non-skid mats to keep them from slipping
 - Keep frequently used items in easily reachable areas
 - Wear shoes with good support and slip-resistant soles
 - Arrange furniture to provide open walking pathways
 - Keep drawers and cabinet doors closed at all times
 - Install handrails on all staircases on both sides